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are many others, so it cannot come back in a day or two. I do not know whether it is always necessary, but at present, an extra endorsement, costing an additional dollar, is required in order to enter Turkey. I always pin my Red Cross pin inside of my coat. So far it has not been needed, but the Red Cross has its meaning all over the world, and I believe might on occasion prove a valuable friend.

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## WHAT ONE ASSOCIATION IS DOING FOR ITS MOTHERS

By FRANCINA FREESE, R.N.

Graduate of the Johns Hopkins School for Nurses

*(Continued from page 580)*

THREE evenings each week some little entertainment is provided for the mothers. They enjoy dancing, they love games, lively ones, and the radiopticon, for which we have many sets of cards, is used for rainy evenings. Many of the cards used in the radiopticon are chosen for their educational value, as the one on dangers of the house-fly. Others are views of the different countries, and the funny ones are not all kept for the children. Singing on the balcony is a popular way of spending the evenings in the spring and autumn. The children have their parties, too, and they love their little dances as much as the mothers love theirs. A set of dancing dolls always pleases the children of all ages. Both mothers and children seem never to tire of music, and if any mother can sing or play she is often asked to do so as we sit around the fire-place in the evening. We frequently have mothers who sing the songs of their own countries very well and enjoy doing so.

The infants and children are weighed weekly; the mother at the beginning and end of the visit. Almost every one gains and this steady gain of infants and children is a wonderful argument in favor of our treatment, the best object lesson for both mothers and fathers. One of the things needed to make our work complete is some man to organize these fathers into clubs and instruct them and discuss with them the things concerning the physical and moral welfare of the family and the upbringing of children. Many of them are very young, with no more knowledge of their children and their needs than the children have of law or medicine. The length of the mother's visit depends entirely upon the individual case and the home conditions. This makes it very necessary that a pretty full family history be sent to the school before the mother's visit begins. If there happens to be a husband who never

goes home when the wife is away and spends his time in the neighboring saloon, then the visit should be short and the family sent home as soon as the mother is physically able to do her work. If the husband is a steady wage earner, and there is no one to cook his food; if he is forced to get his food, if he has any, in the place before mentioned, then again we should not keep the wife very long. Two weeks is probably a fair length of time. Our object should be to make happier homes and not to destroy the happiness that already exists. If the husband is in sympathy with the work, can perhaps get his own meals and does not mind doing so, or if he can get his food at the home of a relative or friend, then we may keep the wife longer, perhaps a month. The varying length of the visit complicates very much the work of the teachers.

The husband's permission should always be obtained, a definite "yes," and his interest solicited. It is very annoying to get the wife into the school, just beginning to enjoy and appreciate, and have the husband come some evening and insist on taking his wife home because "he never consented to her coming, anyway," or because he "wasn't asked." If his consent has been given, if he has been consulted, as undoubtedly he should be, then he might hesitate to use those excuses. There are plenty of other excuses, as we have discovered. One man came for his wife because the dog was sick (the baby fourteen days old) and another sent for his wife last winter because the pipes were frozen, and he could not open them. His wife aptly said he was "no account anyhow" and we believed her. As he was not working, it was suggested that he come to the school for some instruction in simple plumbing, but he did not come, and the poor half-starved wife went home.

I believe the visitor who collects the cases should take some little care to arrange, if possible, that these husbands have some place to get their food when they come from work, if they are not the kind who can cook for themselves, or if there is no relative at hand. We have often been impressed with the generous spirit these women manifest toward each other, and probably, in most cases, some family in the same house would give the husband a warm dinner or supper for less than the saloon would furnish it, and be glad to do so while the wife was in the country.

Training these women for domestic service has been one feature of the work that has been of interest during the summer. Most of these women have homes to which they return, but there is also the deserted mother with a small baby to support, and we have found that it is never difficult to find a comfortable home for the mother with her baby if she has had training at the school. We see a good deal of them while

they are in the school, live very close to them, and we can easily discover the hard-working, deserving woman who makes the good, steady, reliable helper in the home. We have had more requests for mothers than we could grant. At present a little colony of school mothers lives in our vicinity and they come home frequently to the school on their half-days, looking upon the school as a place where they are always welcome.

The work of collecting the cases for such a school, deciding which cases are suitable for such instruction, and the follow-up work are as important as is the work in the school. The ideal mother for the work is no doubt the young mother with her first baby, if she has begun to realize the gravity of the situation and has felt some of the problems of housekeeping. Our most gratifying results have been with cases of this kind. One young mother of eighteen, with a fourteen-day old baby, came to us for the usual visit. On her second Sunday the nineteen-year old husband came to see his family and was taken over the school from cellar to attic. When he was leaving he came to ask how long his wife could stay. "How long may she stay?" was our reply to the question. "Well," he said, "Margaret thinks she has learned here how to cook and keep house. We have never had enough money so that I could do for her and the baby as I would like to have done, but there is a better job at my place and the boss will give it to me, but first I must spend two weeks learning it and during that two weeks there will be no pay. Now I thought if Margaret could be here during the two weeks I'd try it." We agreed to keep his family two weeks more, and the two weeks lengthened into four, then the wife, having gained eight pounds and the baby three, went home to a small apartment with a fair income, if they keep well, and a much better knowledge of the laws of health than they ever had before. There are numbers of such cases among our young mothers. If it happens to be a young mother to whom the baby was not very welcome, it will be a good place for her, for we are told it only needs suitable soil and congenial surroundings for the growth of affection, and both are provided at the school. We have found good material in mothers of two or three children. Sometimes there are two children before the mother begins to feel the need of more information, sometimes one will have slipped away before a mother realizes her ignorance, before she begins to really think for herself at all. All these cases are good cases for such a school. It will not be necessary for me to tell you why the mother of four or five or six children is not good material, especially if the children have managed to survive the soothing-syrup, pacifier method, and have come through fairly healthy in appearance. The usefulness of such a school will be lost if the

cases are not carefully chosen and it is made a clearing house for all the cases of maternity that one feels sorry for or that one wants to send into the country for a "change of air."

The work of following up the cases is of the greatest importance. The mothers will need some help in applying the principles they have been taught in the school to their own every-day surroundings and they should not be allowed to think that our interest ceases when they are put aboard the train for home. If they do try to apply this teaching at home they will very probably want to ask a few questions and will feel the need of help in a number of ways. They will find points that have not been made clear to them.

The education of these mothers requires a well-balanced combination of both home and school instruction to produce results, and some of it is as necessary after the school work as before.

If the cases are chosen with an intelligent sympathy for and interest in the work; if the teaching is done by teachers interested and believing in their work, and the cases are systematically followed up, there is no estimating the breadth of the work or the good these schools may do.

The New York Milk Committee is doing similar work with mothers in connection with its milk station work, though it does not teach sewing and cooking.

It will be seen how easily this work can be done in combination with day nurseries, milk stations, and mothers' clubs. A school for mothers is not a hospital for sick babies or children, and if it undertakes that work it will ultimately lose sight of the purpose for which it was organized.

Careful and complete records should be kept in the school and a report of the school work should be in the hands of the visitor who is to do the follow-up work, if this is not done by one of the teachers at the school. The class work, the sewing especially, will show many women in need of glasses, and to teach the mothers to sew and not to follow up the instruction with ways and means of getting glasses, is uncharitable charity to say the least. The daily inspection of the children will show many in need of dental care. This is also true to a sad extent of the mothers, and we look forward to the day when a dental clinic may be added to our school and we may at least send the women home with clean mouths, the work perhaps to be finished in the city. Tooth-brushes are given to each child and each mother when they come to the school, and they take them home with the promise of another when the first is worn out if they will write to us to that effect. Charts and pictures of many kinds are used to supplement the work in the classroom.

Charts illustrate the size of babies' stomachs at the various ages and show the relative food value of the various food products. Photographs and postal cards of various kinds are used to illustrate the dangers of the house-fly, harm that may be carried by a baby's pacifier, and a puny baby sucking from a long tubed bottle.

*Conclusion.*—To produce the best results, the work with mothers must begin with the expectant mother and as soon after the beginning of pregnancy as possible.

Careful reports of family conditions must be sent to the school with, or preceding, each case by the collecting visitor, that the superintendent may judge with some understanding of the length of time the mother may safely remain away from her home.

The teaching must be done in a free and easy way, never forgetting the limitations of the homes from which these women come.

Systematic follow-up work is absolutely essential to produce any results whatever.

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## INDICATIONS FOR GYNÆCOLOGICAL EXAMINATIONS

By M. M. G. JOHNSTONE, M.D.

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It is the privilege of the nurse, as she cares for her patients, to become the confidante of the family and to learn of many conditions, both social and medical, that need attention. The object of this paper is to point out certain symptoms which require, at least, an examination by a gynæcologist, and may demand an operation. Unfortunately, through the centuries, traditions have been handed down that, this, that, and the other condition is to be expected, there is no cure for it, but Nature will right it in time. Nature does much, but she cannot cure everything. Sickness and pain always leave behind them marks which cannot be effaced. It may be a permanent heart lesion, it may be only a lessened vitality which is not noticed for years. A word in time may save not only discomfort and pain, but even a life.

The symptoms which should suggest to the nurse the need of gynæcological care are: pain, leucorrhœa, increased bleeding, and lastly a group of symptoms which might be called "obstetrical after-effects," and which are due to tears and lack of proper involution of the abdominal wall after pregnancy.

I. *Pain.*—Women have come to look upon pain almost as their birthright, and yet pain has no place in the normal life of any woman. Pelvic pain, especially if it is constant, means, as a rule, inflammation